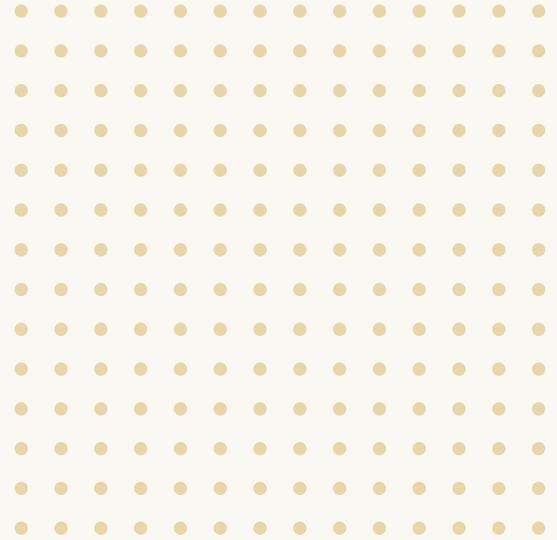


● TOM RATH



BOOK CLUB KIT

Eat Move Sleep

How Small Choices Lead to Big Changes

A comprehensive discussion guide with questions for each section, group activities, and reflection prompts. Perfect for book clubs, wellness groups, and corporate reading programs.



How to Use This Guide

Eat Move Sleep is built on the idea that small decisions compound into life-changing results. This guide is designed to help your group explore Tom's research on the three interconnected pillars of daily health and turn insights into lasting habits.

Read Together, Change Together

Assign 8–10 chapters per meeting. The book's short chapters make it easy to cover ground quickly while leaving time for deep conversation.

Start with Stories

Begin each session by asking someone to share a moment from the past week where they noticed one of the book's ideas showing up in their life.

The 24-Hour Challenge

End each meeting with a specific commitment: one eat, one move, and one sleep change to try before the next gathering.

No Judgment Zone

Health is personal. Create a space where people share aspirations, not prescriptions. The goal is awareness, not perfection.

DISCUSSION GUIDE



Discussion Questions

Part 1: Eating

The foods that fuel or deplete you

- 1 Tom argues that every bite of food is a net gain or a net loss. How does this framing change the way you think about everyday food choices?
- 2 What is one food you eat regularly that you now suspect is a 'net loss'? What could you replace it with?
- 3 The book suggests thinking of food as medicine or poison. Does that metaphor resonate with you, or does it feel extreme? Why?
- 4 How do the people around you — family, coworkers, friends — influence what and how much you eat?
- 5 Tom discusses the danger of refined carbohydrates and sugar. What surprised you most about the research he cites?
- 6 If you could change one eating habit starting tomorrow, what would it be, and what is the smallest first step?

Part 2: Moving

Why sitting is the new smoking

- 1 Tom writes that sitting for long periods is more dangerous than most people realize. How much of your day is spent sitting, and how did you react to that research?
- 2 What are the biggest barriers preventing you from moving more during a typical day?
- 3 The book emphasizes that short bursts of activity count. What are two or three opportunities in your daily routine where you could add movement?
- 4 How does physical activity affect your mood, energy, and mental clarity? Can you recall a specific example?
- 5 Tom suggests that exercise should not be something you 'schedule' but something woven into your lifestyle. How realistic is that for you?
- 6 If your group were to design a 'movement challenge' for the next week, what would it look like?

Part 3: Sleeping

The most undervalued health investment

- 1 Before reading this book, how much attention did you pay to the quality (not just quantity) of your sleep?
- 2 Tom presents research showing that sleep deprivation affects decision-making, weight, and even lifespan. Which finding hit you hardest?
- 3 What is your current bedtime routine? After reading this section, what would you change?
- 4 The book argues that sleep is productive, not lazy. How does our culture push back against that idea?
- 5 How do screens, caffeine, and light exposure affect your sleep? What is one change you could make tonight?
- 6 Tom says that prioritizing sleep is one of the most generous things you can do for others. What does he mean, and do you agree?

Bringing It All Together

The compound effect of eat, move, and sleep

- 1 Tom's core argument is that eating, moving, and sleeping are deeply interconnected. Where have you seen that in your own life?
- 2 Which of the three pillars is your strongest? Which needs the most attention?
- 3 The book is filled with small, actionable ideas. Which single idea from the entire book do you most want to carry forward?
- 4 How might you redesign your environment — kitchen, desk, bedroom — to make healthy choices easier?
- 5 If you could give this book to one person in your life, who would it be and why?
- 6 Six months from now, what would 'success' look like for you based on what you've learned here?



GROUP ACTIVITY

The 30-Day Tiny Habits Tracker

As a group, design a simple tracking card with one eat, one move, and one sleep habit. Each person commits to tracking for 30 days and reports back at the next meeting.

- Each person chooses ONE small habit from each category (eat, move, sleep).
- Write your three habits on an index card or phone note. Keep them specific: 'Drink water before coffee' not 'drink more water.'
- Check off each day you complete the habit. Don't worry about perfection — just awareness.
- At the next meeting, share your results. What stuck? What was harder than expected?
- Discuss: Did changing one area (like sleep) make the others easier?



PERSONAL REFLECTION

Journaling Prompts

Take time between meetings to reflect on these prompts. Write freely without judgment — these are for your eyes only.

- 1 Write about a time when you felt truly energized — physically, mentally, and emotionally. What were you eating, how were you moving, and how were you sleeping during that period?
- 2 What is the biggest lie you tell yourself about your health habits? Where does that story come from?
- 3 Imagine your ideal Tuesday — from waking to sleeping. What does each meal look like? Where does movement happen naturally? What does your wind-down routine involve?
- 4 Tom writes that we often sacrifice health for short-term convenience. What is one convenience you would be willing to give up?
- 5 Write a letter to yourself one year from now describing the health habits you have built. Be specific.
- 6 Who in your life models the kind of health you aspire to? What can you learn from them?



Thank you for reading.

Share your experience and connect with other readers

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